

919 SOW Supervisor's Safety Scoop

Jul-Sept 99

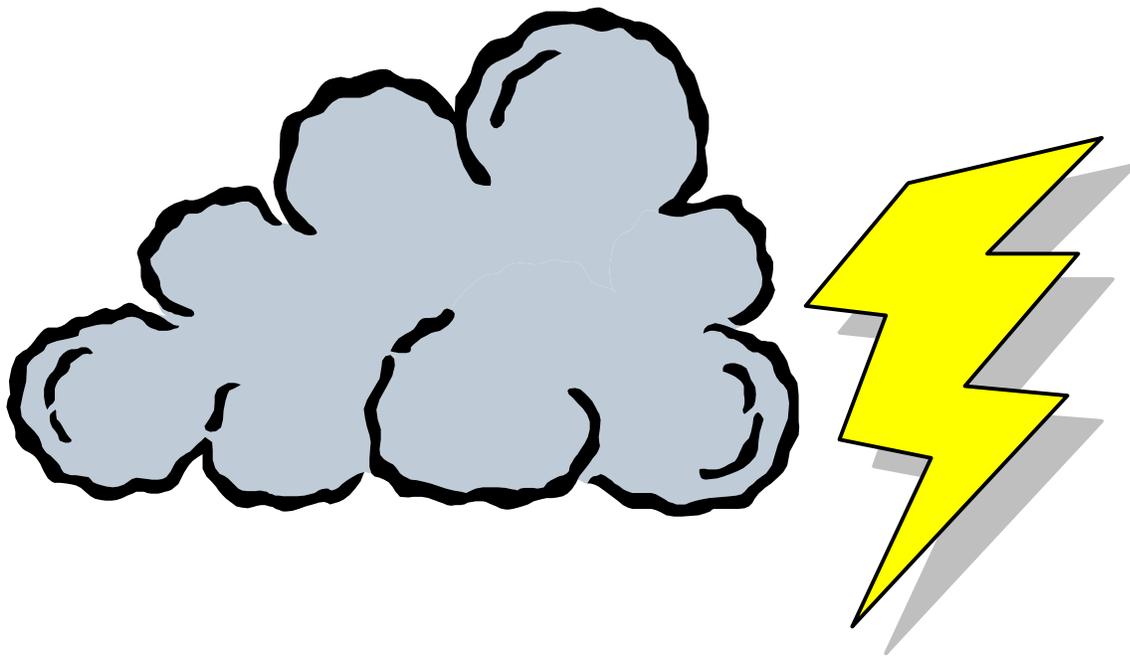
From The Top

Major Bill Miller, 919 SOW Chief of Safety



Well, it's June on the Panhandle of Florida. That can only mean one thing...Hurricane season is upon us. The local news calls in experts and we sit through summer safety briefs, but do we really listen and think about the storms that may come? I know I didn't when I first came to Ft Walton. From 1987 until 1995, I lived without thinking of hurricanes. Sure, I had seen pictures of storms from 20 and 30 years ago, but there was no recent history. Then came Erin. Then came Opal. There have certainly been bigger and more deadly storms to hit the gulf area, but these hit close to home and opened my eyes to the power of wind and water. These storms were a wake up call not only for me but also for many people in our area. It's time to wake up again and prepare for this season. Prepare is the key word. With dedicated thought and planning, hurricanes can be dealt with. Experts are predicting 9 named storms this season, with a 40 percent of those hitting somewhere along the gulf coast. Lessons learned from the past will help plan for the future. Both the American Red Cross and FEMA publish information pamphlets about storms. Checklists are available from these agencies and in the local phone book. Following these checklists may save your life, or at least make it more comfortable. They assist the thought process by acting as memory joggers. Topics you need to ponder and prepare for may be; food, water, shelter, automotive, money, repair supplies, medicines, baby needs, saving/protecting valuables, etc. Checklists help to organize these topics and your actions related to them. Additionally, get the whole family involved with helping plan for all phases of the storm. By having the whole family involved, a great deal of fear and anxiety can be alleviated. They know what to expect and what to do about it. If you are deployed, they can be in control of the situation and handle problems as they arise. Once again, preparation is the key. For this area, thinking through storm phases and discussing them with your family is vitally important. When the storm is only hours away is not the time to be deciding whether to evacuate or not. As we saw with Opal, delaying the evacuation decision left thousands stranded on roadways instead of in shelters. Simply put, the highway infrastructure along the gulf coast can not handle the volume of traffic associated with a mass evacuation. Decide now at what level storm you will evacuate, then do it. Don't put your family's lives at stake because you don't know if your company is going to grant leave days. Get out your checklists, prepare your car, prepare your family, and then get out of town. Have a plan for routing north, east and west. Storms take many tracks. If you have decided to ride it out, plan and prepare for that too. Only you can protect yourself and your family. Through it all, don't forget about Fluffy or Fido. You have elected to bring these lives into your home and care for them.

Those responsibilities don't end when a storm approaches. They are depending on you now more than ever to protect them. Most shelters do not allow pets inside. Many pets died during Opal while locked in the house after the owners evacuated. Don't let this happen to your pets. Plan now for their well being. You can do this by checking hotels along your proposed evacuation route. Check with a few, they fill up fast at these times. Plan your evacuation and account for all the members of your family. If you have to go to a shelter, take your pet and a carrier large enough for it. Some shelter managers are finally getting away from the past attitude of restricting pets from safe havens. By providing a kennel to protect your pet it shows the shelter manger you have thought about its safety and the safety of the people being sheltered. Planning is the key to surviving a hurricane. The storms will come, the water will rise, the winds will blow, and unfortunately personal property may be damaged. By accepting these facts now and planning for your actions before, during and after the storm, you and your entire family can whether the storm and come home safe.



Chief's Briefs

CMSgt John Walker, 919 SOW Safety Superintendent

Earlier this year, the 919 SOW received an Operation Readiness Inspection (ORI). And as is commonplace with everything that the 919 SOW does, we proved that our wing is more than capable to perform our mission. While I am proud of each and everyone you because you did an incredible job, I have had the opportunity to sit back and examine the whole process...to see if there are areas that need improvement.

One area we need to look at is basic safety principles. Things like...the use of personal protective equipment (PPE) that is required to be used on the job. Wearing hearing protection during engine runs, eye protection while drilling, steel-toed boots or shoes and gloves during pallet build up. While these may seem like "little things", these are the areas that the I.G. looks very hard at. Additionally, in the "real world", wearing the right PPE when required can mean the difference between being involved in a mishap and not being involved in a mishap.

Training of your personnel is another area that is extremely important. Employee AFOSH training should be a top priority of every supervisor. Your people cannot properly perform the mission if they are not properly trained. While it may take some time, it pays big dividends down the line.

Another area to look at is attitude. Attitude is a good thing...when it is controlled and directed. Strive to correct things that are wrong. Question things that don't seem right. But when doing it, do not point out other's shortcomings. Do it because you honestly believe in what you are doing. At the risk of sounding cliché, make sure you look at the "big picture". Don't attempt to implement change because it is better just for you...look to change things for the betterment of the unit and AFRC.

With that said, I want to reiterate how proud I am to be associated with this unit. Were there things we could have done better? Probably. Will we improve upon those areas? Most definitely! Why? Because at Duke Field, safety is not paramount...it is an integral part of everything we do!

**MAKE SAFETY
A WAY OF LIFE!**

Compliance Corner

MSgt Scott Eck, 919 SOW Safety Craftsman

Personal Protective Equipment Assessment

In any work environment, one of the main tasks a supervisor is faced with is the protection of his or her subordinates. Obviously, the best way to protect exposed workers is to engineer the hazards out of a particular job task. However, there are times, due to the nature of the job task, this cannot be accomplished. When this occurs, the next step is for the supervisor to conduct a personal protective (PPE) assessment. The following are the steps you must follow during a PPE assessment:

First, the supervisor will assess the workplace to determine if the area actual or potential hazards that will require the use of PPE. This has usually been accomplished through the workcenter's AFOSH training plan. If the AFOSH training plan is used as the hazard assessment document, it is required to contain the workplace identification (name of shop or workcenter), the person who conducted the evaluation and the date it was performed (10 AF units who are using the 10 AF approved training plan meets this criteria) .

The next thing the supervisor must do is select the type of PPE the workers will be required to use. Factors to consider when selecting PPE should include ease of use, wear ability (the more comfortable it is, the more employees will be inclined to use it) and fit.

Once the PPE has been selected and purchased, each employee will be briefed on its use. Ensure each affected employee is briefed on when to wear the PPE and when it is necessary to use it. Training will also include how to properly don, doff, adjust and wear the required PPE. Also address the PPEs limitations and proper care, maintenance, useful life and disposal of the PPE. Each one of these items should already be addressed in the workcenter's AFOSH training plan. Each worker is required to demonstrate an understanding of this training before being allowed to perform work requiring the use of the PPE.

Training is normally required one time, unless one or more of the following conditions occur:

The supervisor believes the worker does not have an adequate understanding of the PPE or its use.

Changes in the workplace or required PPE renders previous training ineffective or outdated.

Mishap rates have increased within the workcenter.

The supervisor shall verify that training has been completed through a written certification that contains the trainee's name and date of training. Again, this can be accomplished through the workcenter's AFOSH training program. For more information on this issue, read 29 CFR 1910.132 and AFOSH Std 91-31.

Readiness Bits

MSgt Chris McKinley, Chief, Readiness Flight

Safety in Mission-Oriented Protective Postures

To be productive and successful, 919th personnel must recognize their limitations in mission-oriented protective posture (MOPP) four. All individuals must understand how to use the Task Time Multiplier and the Estimated Work Rate tables listed in AFMAN 32-4005. The activity level you work in determines the work rate table you use. Many individuals are not familiar with these tables; if you are a supervisor or trainer and conduct task qualification training (TQT) or on the job training (OJT) you must understand and teach these tables. Knowing your limitations and capabilities in MOPP 4 will increase your chance of survival in a chemical environment and increase mission sortie rates.

Following is an illustration of the estimated work rate table for moderate work. This table is for illustration purposes only; refer to AFMAN 32-4005 for the complete set of tables.

ESTIMATED WORK RATE TIMES IN MOPP 3 AND 4 MODERATE WORK

Temp	Body Heat Level	50% Humidity	50% Humidity	50% Humidity	70% Humidity	70% Humidity	70% Humidity	90% Humidity	90% Humidity	90% Humidity
		MOPP 3&4	No Fatigue	Vent	MOPP 3&4	No Fatigue	Vent	MOPP 3&4	No Fatigue	Vent
100F	Conservative	0.4	0.5	0.5	0.3	0.3	0.4	0.3	0.3	0.3
	Maximum	0.6	0.7	0.7	0.5	0.5	0.6	0.5	0.5	0.5
90F	Conservative	0.6	0.7	1.1	0.5	0.6	0.7	0.4	0.4	0.4
	Maximum	0.9	1.1	1.7	0.8	0.9	1.1	0.6	0.6	0.6
80F	Conservative	1.1	1.5	>12.0	0.8	1.0	2.1	0.6	0.8	1.0
	Maximum	1.7	2.3	>12.0	1.2	1.5	3.2	0.9	1.2	1.5
70F	Conservative	2.4	>12.0	>12.0	1.6	5.0	>12.0	1.2	2.3	>12.0
	Maximum	3.5	>12.0	>12.0	2.4	7.5	>12.0	1.8	3.5	>12.0
60F	Conservative	>12.0	>12.0	>12.0	>12.0	>12.0	>12.0	4.9	>12.0	>12.0
	Maximum	>12.0	>12.0	>12.0	>12.0	>12.0	>12.0	7.4	>12.0	>12.0

Estimated work times at and below 50F exceed 12.0 hours

1. Times are given in hour increments.
2. Conservative body heat levels suggest that most people should be able to work for the time shown without adverse effects other than discomfort. Individuals working at these levels should be able to perform repeated work shifts over a single workday.
3. Maximum body heat levels indicate where most people will reach their tolerance limit and some will be incapacitated. Those incapacitated will have recovery times of hours to days (heat exhaustion) to weeks (heat stroke) and in extreme cases death could result.
4. In the variations blocks: No fatigue = No fatigue option
Vent = Ventilation option

ON THE HOMEFRONT

MSgt Scott Eck, 919 SOW Safety Craftsman

For many of us, summertime means cookouts, swimming and revisiting favorite vacation spots. And it is at this time the infamous 101 Critical Days, make their return. The 101 Critical Days are now in full swing. Traditionally, this is a time when many Air Force members or their families are injured or lose their lives in the pursuit of making the most of their leisure time. To avoid becoming a statistic this year, there are some precautions you should take:

First and foremost...know your limitations. Get adequate rest before starting any activity. Prepare yourself mentally and physically for the task at hand.

Remember that alcohol and recreational activities don't mix. Alcohol impairs your judgement and your reflex time.

When boating, always wear your personal flotation device (PFD). Before going out on the water, take an approved safe boating course. For those of you who jet ski, know how to safely operate your machine as well as the areas they can be operated in.

Use the buddy system when swimming. Never swim in unfamiliar waters or areas where there is not a lifeguard.

When cooking out, don't let the smell and the taste of a slab of ribs on the grill make you forget about those hot charcoal briquettes. Always cook in a well-ventilated area and away from flammable/combustible materials. For gas grill owners, always light your grill in accordance with manufacturer's instructions.

When traveling, always get plenty of rest and afford yourself ample time to arrive at your destination.

Finally, there is no substitute for good common sense. If it sounds unsafe and looks unsafe...it probably is UNSAFE. Practice ORM while you are off-duty as well. Always think things through BEFORE you do it. By following a few simple guidelines, you can have a safe, enjoyable summer.



ON THE HOMEFRONT

MSgt Dave Cason, 919 SOW Safety Craftsman

DOMESTIC VIOLENCE

Safety Tips For You and Your Family

IF YOU ARE IN DANGER, CALL 911 or your local police emergency number

To find out about help in your area, call the National Domestic Violence Hotline at 1-800-799-SAFE 1-800-787-3224 (TTY)

Whether or not you feel able to leave an abuser, there are things you can do to make yourself and your family safer.

IN AN EMERGENCY

If you are at home & you are being threatened or attacked:

- Stay away from the kitchen (the abuser can find weapons, like knives, there)
- Stay away from bathrooms, closets or small spaces where the abuser can trap you
- Get to a room with a door or window to escape
- Get to a room with a phone to call for help; lock the abuser outside if you can
- Call 911 (or your local emergency number) right away for help; get the dispatcher's name
- Think about a neighbor or friend you can run to for help
- If a police officer comes, tell him/her what happened; get his/her name & badge number
- Get medical help if you are hurt
- Take pictures of bruises or injuries
- Call a domestic violence program or shelter (some are listed here); ask them to help you make a safety plan

HOW TO PROTECT YOURSELF AT HOME

- Learn where to get help; memorize emergency phone numbers
- Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times
- If the abuser has moved out, change the locks on your door; get locks on the windows
- Plan an escape route out of your home; teach it to your children
- Think about where you would go if you need to escape
- Ask your neighbors to call the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on
- Pack a bag with important things you'd need if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust

- Include cash, car keys & important information such as: court papers, passport or birth certificates, medical records & medicines, immigration papers
- Get an unlisted phone number
- Block caller ID
- Use an answering machine; screen the calls
- Take a good self-defense course

HOW TO MAKE YOUR CHILDREN SAFER

- Teach them not to get in the middle of a fight, even if they want to help
- Teach them how to get to safety, to call 911, to give your address & phone number to the police
- Teach them who to call for help
- Tell them to stay out of the kitchen
- Give the principal at school or the daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser
- Make sure the children know who to tell at school if they see the abuser
- Make sure that the school knows not to give your address or phone number to ANYONE

HOW TO PROTECT YOURSELF OUTSIDE THE HOME

- Change your regular travel habits
- Try to get rides with different people
- Shop and bank in a different place
- Cancel any bank accounts or credit cards you shared; open new accounts at a different bank
- Keep your court order and emergency numbers with you at all times
- Keep a cell phone & program it to 911 (or other emergency number)

HOW TO MAKE YOURSELF SAFER AT WORK

- Keep a copy of your court order at work
- Give a picture of the abuser to security and friends at work
- Tell your supervisors - see if they can make it harder for the abuser to find you
- Don't go to lunch alone
- Ask a security guard to walk you to your car or to the bus
- If the abuser calls you at work, save voice mail and save e-mail
- Your employer may be able to help you find community resources

USING THE LAW TO HELP YOU

Protection or Restraining Orders

- Ask your local domestic violence program who can help you get a civil protection order and who can help you with criminal prosecution
- Ask for help in finding a lawyer

In most places, the judge can:

- Order the abuser to stay away from you or your children
- Order the abuser to leave your home
- Give you temporary custody of your children & order the abuser to pay you temporary child support
- Order the police to come to your home while the abuser picks up personal belongings
- Give you possession of the car, furniture and other belongings
- Order the abuser to go to a batterers intervention program
- Order the abuser not to call you at work
- Order the abuser to give guns to the police

If you are worried about any of the following, make sure you:

- Show the judge any pictures of your injuries
- Tell the judge that you do not feel safe if the abuser comes to your home to pick up the children to visit with them
- Ask the judge to order the abuser to pick up and return the children at the police station or some other safe place
- Ask that any visits the abuser is permitted are at very specific times so the police will know by reading the court order if the abuser is there at the wrong time
- Tell the judge if the abuser has harmed or threatened the children; ask that visits be supervised; think about who could do that for you
- Get a certified copy of the court order
- Keep the court order with you at all times

CRIMINAL PROCEEDINGS

- Show the prosecutor your court orders
- Show the prosecutor medical records about your injuries or pictures if you have them •Tell the prosecutor the name of anyone who is helping you (a victim advocate or a lawyer)
- Tell the prosecutor about any witnesses to injuries or abuse
- Ask the prosecutor to notify you ahead of time if the abuser is getting out of jail

BE SAFE AT THE COURTHOUSE

- Sit as far away from the abuser as you can; you don't have to look at or talk to the abuser; you don't have to talk to the abuser's family or friends if they are there
- Bring a friend or relative with you to wait until your case is heard
- Tell a bailiff or sheriff that you are afraid of the abuser and ask him/her to look out for you

- Make sure you have your court order before you leave
- Ask the judge or the sheriff to keep the abuser there for a while when court is over; leave quickly
- If you think the abuser is following you when you leave, call the police immediately
- If you have to travel to another State for work or to get away from the abuser, take your protection order with you; it is valid everywhere

For brochures or a diskette containing the above information, please contact Angela Boykin, Tort and Insurance Practice Section, at 312-988-6229 or via e-mail at boykina@staff.abanet.org. A complete materials distribution kit is also available by request. For additional information on domestic violence, please visit the ABA Commission on Domestic Violence.

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LABOR DAY.....MAKE IT THE END OF SUMMER NOT THE END OF YOUR LIFE
MSgt Scott Eck, 919 Sow Safety Craftsman

Labor Day....the official end of summer vacation time. No more days just laying in the sun. No more cookouts or walking on the beach. The time of year that we all get back to work and put our “noses to the grindstone”. And maybe that is why, every year, hundreds of people are injured and in some cases killed over the Labor Day weekend. The main culprit...DRINKING AND DRIVING. And it seems that no matter how many times people are told not to drink and drive they still do it. So instead of preaching to you, I just want you to think about the following things if you decide to drink and drive:

The grief your family will suffer if your are involved in an accident

The possibility of never seeing your family again

The guilt you would have to live with for killing an innocent person

The possibility of permanent disability or disfigurement

The medical bills you or your family could incur

Possible jail time and loss of license



I'm sure many other things could be added to the list if you just take the time to think about it. Use common sense this Labor Day weekend. If you are going to drink, then don't drive. Use a designated driver or better yet, stay away from alcohol altogether. Who knows, you may see things in a clearer light.

DID YOU KNOW....

Studies at Yale and Cornell Universities provide a dramatic split-second chronology of what happens when a car rams into a tree at 55 mph.

It takes 7/10ths of a second to kill a person in an automobile crash.

At 1/10th of a second, the front bumper and grille collapse.

At 2/10ths of a second, the hood crumples, rises and smashes into the windshield, as the grillwork disintegrates.

At 3/10ths of a second, the driver is sprung upright from the seat, their knees pressed against the dashboard, and the steering wheel bends under the driver's grip.

At 4/10ths of a second, the front of the car is destroyed and dead still, but the rear-end is still plunging forward at 55 mph. The half-ton motor crashes into the tree.

At 5/10ths of a second, the driver's fear-frozen hands bend the steering column into an almost vertical position, and the driver is impaled on the steering wheel shaft. Jagged steel punctures his lungs and arteries.

At 6/10ths of a second, the impact rips the shoes from the driver's feet. The chassis bends in the middle, and the driver's head is slammed into the windshield. The rear of the car begins its downward fall as the spinning wheels churn into the ground.

At 7/10ths of a second, the entire body of the car is twisted grotesquely out of shape. In one final agonizing convulsion, the front seat rams forward, pinning the driver against the steering shaft. Blood spurts from the driver's mouth. Shock has frozen the driver's heart. But the driver doesn't mind because he or she is already dead.

(courtesy of Ann Lander's column)



HAZMAT Corner

Ms. C.J. Windsor, 919 SOW Environmental Manager

ATTORNEY'S FEES AWARDED FOR UNSEALING SAFETY-KLEEN FILE

It is a sad fact that some manufacturers of defective products are more concerned about corporate profits than the health and safety of consumers. For example, Ford Motor Company once manufactured a car called the "Pinto" whose gas tank was located near the rear of the car so it would explode when rear-ended at a low speed. Ford was aware of the defect, but decided not to fix the defect, because Ford could save about \$75 in costs per day by omitting or delaying the fix.

When a manufacturer's defective product causes injury, the manufacturer is usually willing to settle cases brought by victims--provided that the victims and their attorney's can agree to secrecy. Secrecy prevents the hazard from becoming known, so that other victims do not sue the company, or if they do, evidence damaging to the manufacturer is concealed from them. Manufacturers often demand that as a part of the settlement, the judge to whom the case is assigned seal the court file, so that the product defect and evidence are concealed from the public.

In the 1980's, James Junker used a Safety-Kleen parts washer machine and was exposed to Safety-Kleen 105 Solvent in the machine. Unbeknownst to Mr. Junker, the solvent contained benzene, which causes leukemia. When Mr. Junker developed leukemia, he sued Safety-Kleen for causing his cancer. Although Safety-Kleen denied there was benzene in its solvent, its own laboratory data showed that the product contained benzene. Safety-Kleen settled the case by paying more than \$2.5 million to the Junkers. As a condition of the settlement, the Junkers and their attorney had to agree to maintain the settlement in confidence and had to agree to seal the court case file. The money was paid to the Junkers and the court file was sealed, concealing the evidence developed in the case from the public. In this manner, Safety-Kleen was able to continue making substantial profits from its part washer and its toxic solvent business.

The Toxic Injuries Corporation is a California public benefit corporation dedicated to the identification and prevention of toxic injuries. The Toxic Injuries Corporation suspected that the court file in the Junker case had much evidence regarding the toxic hazards of Safety-Kleen solvent. Represented by the Law Offices of Raphael Metzger, the Toxic Injuries Corporation, filed a motion as a "private attorney general" to unseal the Junker file in the public interest. A new judge found that the order sealing the file was contrary to the public interest, and granted the motion to unseal the file. The evidence in the file included laboratory data, documents, deposition excerpts, and medical reports stating that Mr. Junker's leukemia was caused by benzene in the solvent. Based on this evidence, the new judge awarded the Law Offices of Raphael Metzger attorney's fees for unsealing the file in the public interest. Safety-Kleen's attorneys have threatened to appeal the attorney's

fee award. Of course, if Safety-Kleen appeals, the Court of Appeals will assess whether the unsealed evidence conferred a substantial benefit on the public, and would publish an opinion discussing the concealed evidence. Thus, by appealing, Safety-Kleen would be assuring public disclosure of the product defect it wishes to conceal.

The morale of this story: Manufacturers of defective products that cause injuries should not expect courts to help them conceal the defects and hazards of their products from consumers.



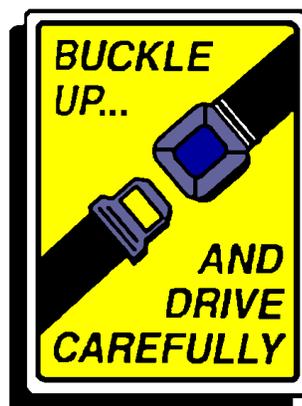
FROM THE FIELD

MSgt Doug Draxler, 919 CES Safety Representative

With the summer in full swing, more people will be out on the road traveling. Over the years, drivers obtain the skills needed to safely operate their vehicles and make hundreds of decisions a minute in an effort to drive safely. While most people operate their vehicles in a safe manner, there are some statistics from the Department of Highway Safety you need to be aware of:

- **In 1997 there were 240,639 traffic accidents reported**
- **Out of 240,639 accidents, 2,811 were fatalities**
- **10% of all traffic accidents were alcohol related**
- **Peak hours for accidents are between Noon and 6 P.M.**
- **Accidents were most common on Fridays**
- **Most fatal crashes were on Saturdays**
- **In fatal accidents, 18.9% reported drug and alcohol use**
- **19% of all traffic fatalities were pedestrians**

So the next time you get behind the wheel, please use your seatbelt and be a good defensive driver because the life you save may be your own.



HEAT STRESS INJURIES AND FIRST-AID TREATMENT

Heat stress disorders, heat disorders, or heat stress injuries are general terms used to indicate any type of adverse health problems related to heat syncope, cramps, exhaustion, and stroke. Heat disorders may be recognized by one or more of the following symptoms: nausea, vomiting, fever, dizziness, headache, faintness, abnormal sweating, convulsions, lack of coordination, mental confusion, and abdominal or leg cramps. Personnel most likely to be affected by the heat are those who have just arrived from cooler regions of the country, are obese, or are in poor physical condition. Heat stress disorders are expressed as:

1. Heat Syncope. Fainting while standing erect and immobile in heat. Caused by pooling of the blood in dilated vessels, especially the lower parts of the body.

First Aid: Move individual to cool area. Allow to recline and provide cool water. Recovery will be prompt and complete.

2. Heat Cramps. Painful intermittent spasm of the muscles used during work (arms, legs, or abdominal area) may occur during or after work hours. Cramps may result from exposure to high temperature for a relatively long time, particularly if accompanied by hard physical work. Cramps usually occur in unacclimated personnel after heavy sweating and are the result of excessive loss of salt from the body. Even if the moisture is replaced by drinking water, the loss of salt by sweating may provoke heat cramps.

First Aid: Move individual to cool area. Massage extremities. Contact medical facility.

3. Heat Exhaustion. The signs of heat exhaustion are profuse sweating, weakness, rapid pulse, dizziness, nausea, and headache. The skin is cool and sometimes pale and clammy with sweat; the body temperature is normal or below normal. These conditions are caused by a deficiency of water and/or salt intake and circulatory strain from competing demands for blood flow to the skin and to active muscles.

First Aid: Move individual to cool area. Elevate feet. Loosen clothing and apply wet cloths. Evacuate to medical facility.

4. Heat Stroke. Heat stroke is a **MEDICAL EMERGENCY** and is caused by exposure to a hot environment in which the body is unable to cool itself sufficiently. This results in the body temperature rising rapidly. The skin is hot, dry, and flushed. Increased body temperature, if uncontrolled, may lead to delirium, convulsions, coma, and even death. Heat stroke is a much more serious condition than either heat cramps or heat exhaustion.

First Aid: **THIS IS A MEDICAL EMERGENCY.** Call medical facility first. Lower the individual's body temperature immediately. Remove clothing; immerse in water, if available. Otherwise, sprinkle with water and fan to increase evaporation, massage extremities and trunk. Move individual to medical facility, continue cooling measures during transportation.

HEAT STRESS INDEX

The WBGT index is used to measure the potential for heat stress injury. The WBGT index is a combination of temperature measurements which considers dry air temperature, wind speed, relative humidity, and radiant heating. The equation for the WBGT index uses dry bulb (DB), natural wet bulb (NWB), and black globe (BG) temperatures. The heat index usually mentioned in the paper or on the TV is the "effective temperature" which only uses temperature and relative humidity. The effective temperature does not adequately account for environmental factors or human physiological responses. Activity levels to prevent heat stress injuries can be tied to five stages of generally accepted WBGT index ranges. These stages are:

STAGE	WBGT Index	Flag Color
1	78-81.9	None
2	82-84.9	Green
3	85-87.9	Yellow
4	88-89.9	Red
5	90 and above	Black

WBGT INDEX - HEAT STRESS COUNTERMEASURES

WBGT Index	Outdoor Activity/Physical Condition	Water Intake (Qts/hr)		Work/Rest Cycles for Essential Work	
		Light Work	Heavy Work	Work	Rest
78-81.9 (Stage 1) No Flag	Non-acclimated: Extremely intense physical exertion may precipitate heat exhaustion or heat stroke. Exercise caution in conducting physical activity.	0.5	0.5	50 min	10 min
	Acclimated: Normal activity.	0.5	0.5	50 min	10 min
82-84.9 (Stage 2) Green Flag	Non-acclimated: Use discretion in planning intense physical activity. Provide supervision.	0.5	1.0	45 min	15 min
	Acclimated: Normal activity.	0.5	1.0	50 min	10 min
85-87.9 (Stage 3) Yellow Flag	Non-acclimated: Curtail strenuous exercise and outside work details. Provide supervision.	1.0	1-1.5	35 min	25 min
	Acclimated: Use discretion in planning intense physical activity.	1.0	1-1.5	45 min	15 min
88-89.9 (Stage 4) Red Flag	Non-acclimated: Terminate all physical conditioning and intense activity and outside work details.	1-1.5	2.0	20 min	40 min
	Acclimated: Curtail strenuous exercise. Limited/light conditioning for periods not exceeding 6 hours. Curtail outside work details. Provide supervision.	1-1.5	2.0	30 min	30 min
90 & above (Stage 5) Black Flag	Non-acclimated or acclimated: No physical conditioning. Terminate all non-essential outdoor work details and activities.	2.0	2.0	20 min	40 min

SPIDERS TO BEWARE OF THIS SUMMER

96 AFDTC/SEOG

Four species of widow spiders occur in Florida: the southern black widow, the northern black widow, the red widow and the brown widow. All these species are rather large spiders about 1 1/2 inches long with the legs.



The southern black widow and the northern black widow are a shiny, jet-black color. The southern black widow has a red hourglass shape on the abdomen and another red spot at the tip end of the abdomen. The northern black widow has a row of red spots located in the middle of its back and two reddish triangles resembling an hourglass on the underside of the abdomen. The red widow spider has a reddish orange head-thorax and legs with a black abdomen. The abdomen may have a dorsal row of red spots with a yellow border. The red widow lacks a complete hourglass under the abdomen but may have one or two red spots. The brown widow spider varies in color from gray to light brown or black. The abdomen has variable markings of black, white, red, and yellow. On the underside of the abdomen it has an orange or yellowish-red hourglass marking.



The southern black widow is the most widespread widow spider in Florida. It is usually found outdoors in protected places such as in hollows of stumps, discarded building materials, rodent burrows, storm sewers, and under park benches and tables. Around houses, the southern black widow is found in garages, storage sheds, crawl spaces under buildings, furniture, ventilators, and rainspouts. The northern black widow is found west of Tallahassee. It is mainly found in forests with irregular, loosely woven webs 3-20 feet above the ground. The red widow spider makes its web off the ground in palmetto habitats and has only been found in sand-pine scrub associations. The web retreat is characterized by the rolled palmetto frond, and the web is spread over the fronds. The brown widow is found only in coastal cities located south of Daytona Beach where it usually lives on buildings in well-lighted areas.

INCY WINCY SPIDER

INCY WINCY SPIDER WENT UP THE
WATER SPOUT,
***DOWN CAME THE RAIN AND
WASHED THE SPIDER OUT,
OUT CAME THE SUN AND
DRIED UP ALL THE RAIN ,
AND INCY WINCY SPIDER
CLIMBED UP THE WATER
SPOUT AGAIN.***

